



MIDDLE ATLANTIC WRESTLING ASSOCIATION

FLOWRESTLING
OFFICIAL LIVE STREAM PARTNER

Preliminary District Tournament

Tournament Director : Corey Beckner Email: interstate64wrestling@gmail.com
Tournament Location: Nansemond River High School
Tournament Address: 3301 Nansemond Parkway, Suffolk, VA 23434
DATE: March 22, 2026
TIME: 9:30am - Bantam, Midget, Junior, Intermediate Divisions / 12:00pm - Advanced, Elite, Open Divisions
WEIGH-INS: 8:00am - Bantam, Midget, Junior, Intermediate Divisions / 10:30am - Advanced, Elite, Open Divisions

MUST BE IN A SINGLET OR 2 PIECE WRESTLING UNIFORM

COMPETITORS SHOULD SELECT A WEIGHT THEY CAN HOLD FOR THE REGIONALS AND EASTERN NATIONALS

WEIGHT CLASSES AND AGES:

Bantam Division: (Born in 2018 and after)

Weights: 40, 44, 48, 52, 56, 60, 65, 73, 93 MAX.

Midget Division: (Born in 2016 and 2017)

Weights: 50, 54, 58, 62, 66, 70, 75, 80, 85, 93, 105, 134 MAX.

Junior Division: (Born in 2014 and 2015)

Weights: 58, 62, 66, 70, 74, 78, 82, 86, 91, 98, 108, 120, 140, 166 MAX.

Intermediate Division: (Born in 2012 and 2013)

Weights: 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 128, 136, 150, 175, 220 MAX.

Advanced Division: (Born in 2010 and 2011)

Weights: 93, 100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 152, 160, 171, 189, 220, 285 MAX.

Elite Division: (Born in 2008 and 2009)

Weights: 111, 118, 125, 130, 135, 140, 145, 152, 160, 171, 189, 220, 285 MAX.

Open Division: Born before 2008

Weights: 125, 135, 142, 150, 158, 167, 177, 190, 220, 295 MAX.

EVERYONE MUST COMPETE IN THEIR OWN AGE DIVISION EXCEPT those who exceed the MAXIMUM weight.

LENGTH OF BOUTS: Intermediate, Advanced, Elite, & Open: Three 1 1/2 minute periods; All Others three 1 minute periods; Overtime-Sudden Death: One- 1 minute period followed by a 30 second ride out period if necessary.

WRESTLING RULES: P.I.A.A. Modified rules; P.I.A.A. officials will be used. **EVERYONE** must have **PROOF OF AGE** if challenged; **INCLUDING** the **PERSON ISSUING** the challenge. **IMPORTANT:** Once you have qualified for the **REGIONAL TOURNAMENT** you **MAY NOT** enter another **DISTRICT TOURNAMENT**. **ANYONE WHO DOES WILL BE DISQUALIFIED FROM ADVANCING TO THE REGIONAL TOURNAMENT.** Any entrant who falsifies information on an application to enter a District or Regional MAWA Tournament will be subject to a one-year suspension from the program, effective immediately upon discovery.

AWARDS: Medals will be given to the top FOUR finishers in each weight class.

UNIFORMS: One-piece singlet or two piece wrestling uniform are **REQUIRED**.

ENTRY FEE: \$40.00. Register at Trackwrestling.com.

DEADLINE FOR EARLY ENTRIES: 03/21/26 Late Entry Fee will be \$50.00.

SPECTATOR ADMISSION: Adults: \$10.00 and Students \$5.00 per day.

**** * HOT FOOD AND SNACKS WILL BE AVAILABLE ALL DAY * ****

The top FOUR place winners in this tournament will advance to the **SOUTH** Regional Tournament to be held on Saturday, April 11 & Sunday April 12 at the Wicomico Civic Center in Salisbury, MD including Open Division. There will be a **\$32.50** advancement fee to be collected through your EventConnect account at the District Tournament. **The advancement process is expected to be paid before leaving the District Tournament.** A 1 lb. weight allowance will be given at the Regional Tournament.

The top FOUR place winners in the Regional Tournament advance to the Middle Atlantic Wrestling Association's Eastern National Championships on May 02 and May 03 at Wicomico Civic Center, Salisbury, MD, including Open Division. **There will be a \$32.50 advancement fee collected through your EventConnect account at the Regional Tournament. The advancement process is expected to be completed before leaving the Regional Tournament.** Fifth and sixth places are alternates. Fifth and sixth place wrestlers **should** complete the advancement process if they are interested in competing at the Eastern National Championships but will only be charged the advancement fee if a spot is available. You will be contacted by email/text if there is an opening. An additional 1 lb. weight allowance **(2 lb. total)** will be given at the Eastern National Championships.